Yi 2
7399
F 25

Costiveneſs

+ Dr Hutchinson Sir:–

V Dr Cleghorn tells us with the inhabitants of Minorca. ~~many of whom have it is~~ old people often enjoy tolerable health with long protracted costiveness. ~~the case likewise with many old people.~~

~~✗~~ An aged citizen of Phila^a [Jos Rush] told me he once saw a man from New Jersey who had but 3 stools in a year & 9 months, & that he saw a Carpenter of a Ship at Antigua who in a voyage of 8 weeks had no evacuation from his bowels. A sea captain ~~had but~~ had no stool in a voyage from this city to Lisbon. In these cases the excrements are supposed to be absorbed by the lacteals, ~~but~~ & not to mix with the Chyle or blood, but to pass out of the system like absorbed pus & bone, by Other emunctories. ~~ut~~ That they sometimes pass out by the pores, is rendered probable from ~~such~~ persons who ~~are~~ do not ~~thus~~ ~~afflicted with~~ discharge their faeces ~~[illegible]~~ in the natural way, emitting a perspiration & sweats which have a faecal smell.

Dr ~~Cleghorn~~ says no pain from them. After long costiveness. ~~Costiveness is general in~~

Costiveneſs

Costiveneſs is a relative term. Some habits
require two & three stools a day, ~~&~~ + while some enjoy
good health with but one or two stools in a
week. This is the case ~~with [illegible] old people,~~
and that fever necessity founded upon
but most people require one stool a day, & to
the Office I formerly ascribed to the liver, as well as habit.
such persons the Absence of this evacuation
It is a purge over night in every body.
is attended with pain, head ach, & sometimes
fever. The Costiveneſs here is a remote cause
of disease only, acting upon previous debility
in the muscular fibres of the bowels. —

Its causes are.

1 certain aliments & Drinks, particulary Cheese, and the red Wines.

2 a sudden Change from a full to a low diet, and vice versa. The prisoners in our jail who are fed upon the low diet always become costive for several weeks after their Confinement.

2 a Sedantary life

3 An exposed situation of privies. This operates

minous; & that many people enjoy good health, with but one or two stools a week.

V The effects of costiveness are often of a serious nature. ~~They cause~~ many diseases are induced by it, not only ~~of~~ in the viscera which adjoin the bowels, but ~~o~~ in the brain. ~~I have~~ It acts in two ways not only by distention & pressure in the bowels, but by the violent efforts that are necessary to discharge the faeces after they have become indurated from long confinement, & the absorption of their thinner parts. I have mentioned two cases of apoplexy, and one of Consumption induced by those efforts. Head achs - hemorroids - fistula in Ano - & ruptures are often induced by them. I now attend a Gent: 1808 Feb: 10th in an inguinal rupture brot on by this cause alone.

chiefly upon women. I have heard of death
being induced by Costiveness in a young Lady in
South Carolina who lodged in a house in
which the common sitting room (which was generally
occupied by Gentlemen) had a window ~~that~~
~~looked~~ in a direction with a privy. ~~She preferd~~
~~the pains, fi[illegible] [illegible] than~~ She died a martyr
to female delicacy. —

4 Negligence. This operates chiefly upon men
of intense study, and great application to business, who
either do not feel, or who refuse to obey the
impulse which calls them to discharge the
contents of their bowels. Condylomata

7 Sailing. ~~I have~~ This is nearly universal.
I have heard of a Captain who went to Lisbon
8 ~~without Stool~~ | Drugs that promote undue perspiration.
9 Of certain obstructing matters, as hardened feces,
a fish bone, a nail, tow, & Condylomata from
piles. 10 Riding on horseback. ✓

The Remedies for it are

1 Early rising, & exposing the body to the cool air,
also thin dress — by which means perspiration is
thrown on the Bowels. ✓

√ They are to sit for 1/2 to an hour on the privy, and to make occasional efforts to discharge the contents of the bowels. Their efforts succeed the better, ~~being~~ when they are not of a violent nature. Thus gentle purgeant, when drastic purges have no effect.

+ It has this advantage over all other laxative medicines, – the longer it is taken, the less quantity will operate. It cures, as well as relieves. This is owing to its imparting tone to the bowels, while it quickens their actions. Rhubarb is the basis of warm purging Elixir. It is ~~Rhubarb~~ infused in old Wine with some aromatic substances added to it to make it sit easy upon the stomach. Gouty persons should always use this ~~medicine~~ purge in preference to any other. ~~One~~ Spoonful or two – are a dose. — ~~bruised~~ mustard useful.

2 visiting a privy every morning at a certain
hour. Mr Locke's directions under this head
are well attending to & every obstacle to delicate
women should be removed by a sheltered, or
private access, a circumstance this which
should always be attended to in building a
in winter.
3 By using a close stool in a warm room. the
~~house~~. sedative action of the air of a cold privy upon the
relaxing of the checks and prevents a stool.
~~3~~4 a gently laxative diet, consisting of Indian
Corn bread, or mush, or what is much
better - a bread made of equal parts of wheat
and Indian meal - ~~also of~~ Roasted apples are
a mild purge to many people, & a very agreeable
⊙ 5. by as the feces stagnate ~~in~~ in the larger
article in diet. Such medicines should be given as act
and lower bowels ~~5~~ ~~as are~~ chiefly upon them. These are
~~4 Certain laxative medicines~~ such as cream
mixed in equal proportions, ~~magnesia,~~
& ~~the Hiera picra of the shops.~~
~~5~~ Sulphur, ~~or~~ Lenitive Electuary.
purges - or
- ~~Chewing~~ Rhubarb is excellent for this
taken in Wine or
purpose. It may be chewed, or only put into
the mouth & washed down with Cold Water. +
Aloes & the Butter nut pill should never be
used as alteratives ~~[illegible]~~ or Chronic Laxatives.
The one disposes to the piles, the other to dis-
-eases of the brain - I object likewise to all =
~~5 By using a close stool in a warm room~~

the common laxative pills that are sold in the shops. They ~~too stimulate~~ irritate a greater range of the bowels than is necessary barely to open them, & thus bring adjoining healthy parts ~~[illegible]~~ into sympathy with them. # as before. ~~of faeces stagnate only in the larger~~ ~~go to the bowels, and of course those medicines~~

V The bowels are in ~~a healthy state or~~ a natural state only when the ~~three~~ four following circumstances occur ~~in th~~ 1. One stool a day, & in the morning. 2 No wind preceding it; 3 the stool neither liquid, nor very solid, of a bilious color, and a fecal smell. "bene olerata – bene colorata". & 4 not cut into fragments. It shows irritation on some one of the bowels.

6 ~~# only when should be solicited which operate only upon them.~~ Glysters made of ~~any quietly stimulating ingredients or [illegible]~~ or of simple water are ~~in~~ very useful in discharging the contents of the lower bowels.

5 By using a close 5 stool in a warm room in cold weather. The sedative action of the cold by contracting the Rectum often checks a stool. ~~Tonics as Bark. Chaly. &c. &c to obviate weak~~ ~~remote & [illegible] it often depend~~

~~6 By avoiding all the occasional causes of Costiveness — especially Those which are mentioned in this chapter.~~

~~in which piles are Costive from this [illegible]~~

=1 8 If ~~indurated~~ the faeces obstruct the Rectum
10 so that they cannot be discharged by the remedies that have been mentioned they should be removed by a Scoop contrived for that purpose. — If Other matters obstruct the rectum, they should be removed by the fingers, or a forceps. If Condylomata, they should be extirpated by a ligature, but never with a knife, or Scissars. — go to p: 7th 9:

13 9 8 As Costiveness often depends upon a torpor of the bowels they should be excited in the intervals of taking opening medicines by Bark — Steel — oil of amber and Other tonics. Garlic — Onions & mustard & horseradish — have been found very useful for this purpose. V ~~go to p. 7 ⊙~~

Under this head I shall mention

= ~~Thus In order to~~ In order to induce this ~~of~~ wished for effect, it is often only necessary for glysters ~~them~~ to soften or dissolve the fæces – but where there is a torpor of the bowels the activity of the Glysters may be increased by ~~means~~ adding a little Salt to the water, or by injecting so much simple water as that it shall act by ~~the them~~ distending & thus gently stimulating the bowels. While purges of all kinds act upon the whole intestinal canal, and thus often derange the offices of the Stomach &c., Glysters act only upon a small portion of them; and that portion the least disposed to be injured by them. They only aid its natural office.

7 ~~6~~ Suppositories Often supply the place of ~~and~~ laxative medicines & Glysters in removing Costiveness. They may be made of Wax, Soap, or Alum according to the degree of Stimulus the ~~spi~~ termination of the Rectum may require.

8 ~~then~~ ~~ours~~ ~~Each~~ to
to 8 = 1

A very distressing ~~symptoms~~ bowel disease, and that is Flatulency — or a constant inclination to "break wind" to use a common expression. It ~~[illegible]~~ is Often so troublesome as to ~~[illegible]~~ compel persons to leave company, and sometimes to prevent their going into company. It ~~Often~~ sometimes accompanies Costiveness, but I have met with it in regular bowels — It occurs chiefly in gouty & hysterical habits. Its Remedies — are solid diet — well cooked, — toasted bread. ~~Raw~~ — Ginger-tea — Horseradish — mustard — and Tinct: Assafetida & oil of amber. — If accompanied with Costiveness — ~~laxative~~ the Remedies for it should be combined with the above medicines.

=9 ~~As the~~ standing with bare feet upon a cold marble slab, or putting the feet for a few minutes into cold water has in some instances imparted action to the bowels, & thus gently opened them. The effect of this remedy depends upon the sympathy between the soles of the feet and the bowels. ~~cold feet~~ ~~often so~~ this is evident from cold feet so often inducing the colic.

10 ~~8~~ Where there is reason to believe costiveness arising from a languor in the liver in secreting, or pouring forth bile, rubbing the right side for a few minutes with a dry hand every morning has been found useful.

go ~~return~~ to p 8. 11

0 all the ~~remote~~ causes of costiveness should be carefully avoided – ~~as~~ particularly red wines – Cheese – and in some people milk.

N: 11

return to p: 5 ~~[illegible]~~